

# Managing Changes, Notifications, and Tasks

## Making Yourself a Watcher of Pages or Spaces

You can 'watch' a page, blog post or space that you have permission to view. Confluence will then send you an email notification whenever someone adds or updates content on, or adds a comment to, that page or space. See [Watching Pages, Spaces and Blogs](#).

If you have space administrator permissions, you can [manage watchers of pages and spaces](#).

## Requesting Other Notifications

You can configure Confluence to send you various digest reports via email. See [Subscribing to Email Notifications of Updates to Confluence Content](#).

You can also follow the activity of people who interest you (see [Network Overview](#)) and receive a notification when someone follows you (see [Subscribing to Email Notifications of Updates to Confluence Content](#))

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## Managing Your Notifications and Tasks

There are a few ways to manage notifications and tasks in Confluence:

- You can manage your email notification settings via the options in your user profile. See [Subscribing to Email Notifications of Updates to Confluence Content](#).
- The Confluence workbox displays all notifications collected from Confluence page watches, shares and mentions. See [Managing Notifications in Confluence](#).
- You can manage your personal tasks in the Confluence workbox, and also create a list of tasks on a page. See [Managing Tasks in Confluence](#).

## Using Confluence RSS Feeds

You can build RSS feeds to monitor content changes in Confluence:

- Create a customised RSS feed using the [RSS Feed Builder](#).
- Subscribe to one of the [pre-specified feeds](#) generated by Confluence.